Summer has arrived!

Picnics, summer sports, and vacations are lots of fun, but sometimes have unexpected consequences.

But, with a little pre planning you can prevent most summer-related accidents and injuries.

To help you start your planning, we are presenting the ABC's of Summer Safety.

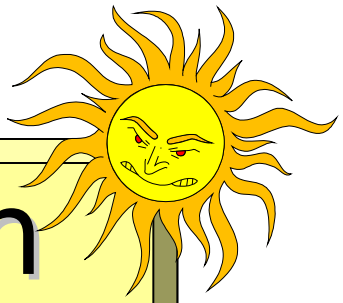
101 Critical Days of Summer

There were **102** days from the **Memorial Day weekend** (starting Friday, 28 May) through **Labor Day**.

These are called the “ **Critical Days of Summer** " because the **off-duty fatality rates** are usually higher than the **full-year rates**.

Summer Safety Topics

- Heat Injuries
- Traffic Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety

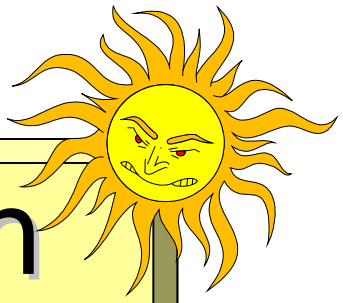


Heat Injury Prevention

The summer season can be an enjoyable time of the year.

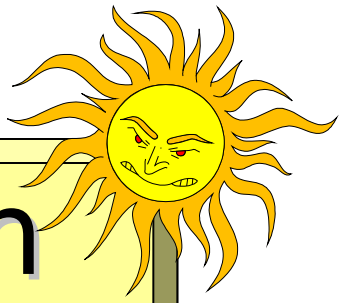
It is also a time when the potential for heat injuries increases.

Heat injuries are preventable by following these simple recommendations, it will decrease your susceptibility to them.



Heat Injury Prevention

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles



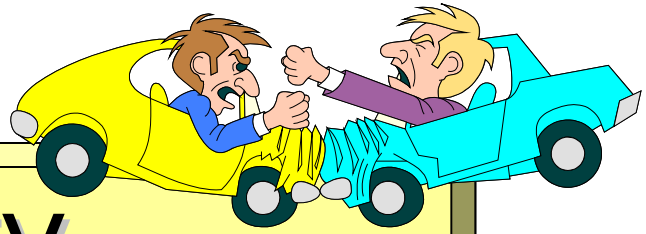
Heat Injury Prevention

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use good sense
- Moderation – avoid extended exposure during peak hours (10:00 – 16:00)

Heat Injury Prevention

Traffic Safety

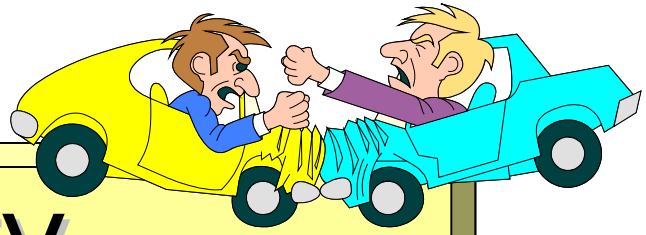
Traffic Safety



Traffic Safety

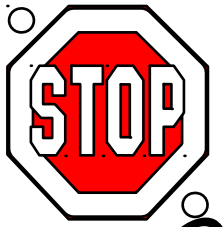
Factors that influence our risk

- Age (18-24 are at the highest risk)
- Seatbelts (Prevent deaths in 42%)
- Alcohol (48% of all traffic fatalities)
- Fatigue (56% of fatal crashes)
- Location (Travel on interstates is safer that two lane roads)
- Speed (Speed Kills)



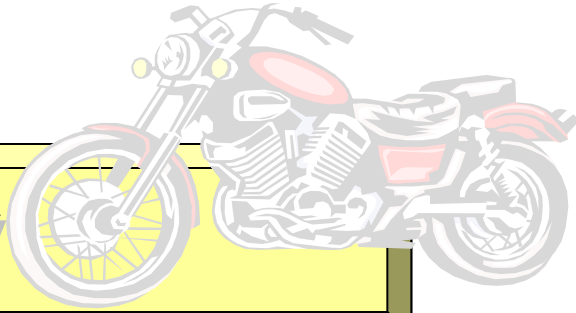
Traffic Safety

- Adjust speed for conditions
- Don’t follow too close
- Maintain your vehicle
- Drive defensively
- Avoid using cellular phone while driving



Unsafe Acts

Arrive Alive



Traffic Safety

- Motorcycle
  - Wear a certified helmet, eye protection, a sturdy jacket and pants, gloves, and over the ankle boots
  - Take a 24 hrs Motorcycle Rider Course or an Experience Rider Course offered by the Safety Office

Traffic Safety

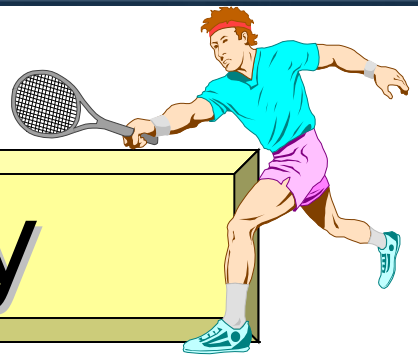
- Motorcycle
  - Maintenance
  - Pre Ride Inspection
    - Air Pressure
    - Tread
    - Cracks, dents, loose spokes
    - Bearing
    - Brakes
    - Levers
    - Switches
    - Etc…Etc…

Vacation Safety

- Long distance driving
  - Let someone know your destination and your itinerary in case you need to be contacted
  - Be sure you have sufficient finances available (cash, credit cards, traveler's checks)
  - Know the hotel or motel security measures so you know what to do and what to expect
  - Be informed of the traffic and weather conditions: **www.autostrade.it**

Vacation Safety

- Long distance driving
  - Remember!!! When traveling around Europe always charge your cell phone



Recreational Safety

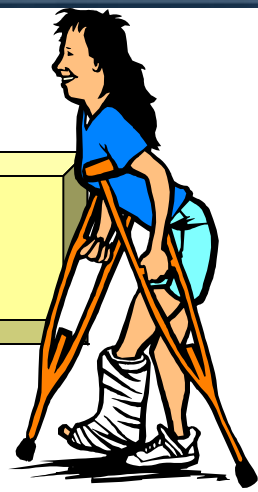
- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits

Recreational Safety

- Jogging Safety
  - Pace yourself
  - Good running shoes are essential
  - Always jog against traffic
  - Be seen while running
  - Finish with cool down
  - Headphones are prohibited
  - Check Flag Colors Status at Fit Cent

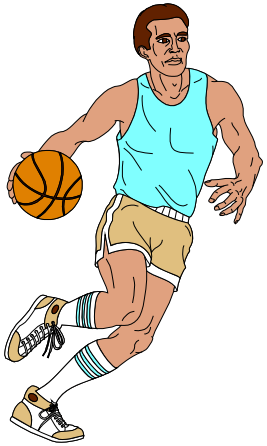
Recreational Safety

- Yard Safety [Back yard basics]
  - Always supervise children
  - Make sure all fences and gates are secure
  - Remove poisonous plants
  - Lock up gasoline, pool chemicals, insecticides

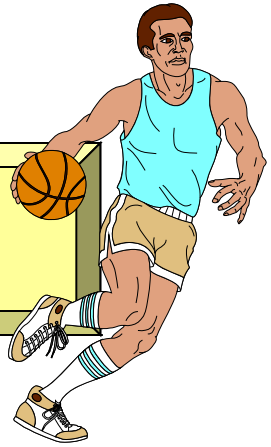


Sport Injuries

- Basketball
  - Basketball is the most frequent sports injury producer in the military



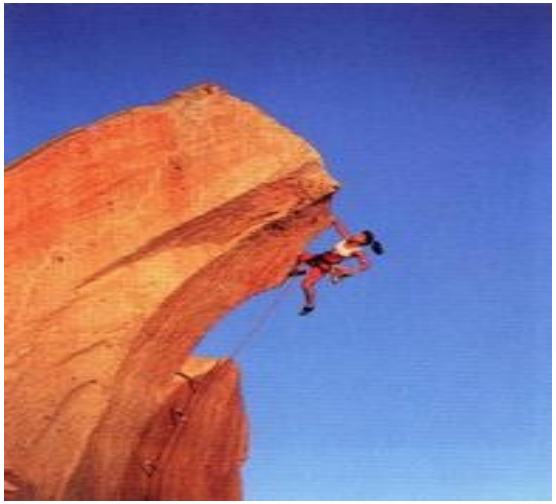
Sport Injuries



- Warm Up
- Stay physically fit. Players who are fit are less prone to accidents
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Ensure playing surface is safe and goals secure

Extreme Sports

- Extreme Sports
  - Know your limits!



Water Safety

- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear Life Preservers when boating and fishing
- Know the weather conditions
- Use good sense – don’t swim after eating, while chewing gum or after drinking

Water Safety

- Protect Your Self from the SUN and protect your **Personal Values** from **Theft**

Outdoor Safety

- Grilling
  - Keep barbecue grills away from anything that can burn, such as your house, car and dry vegetation
  - Never attempt to light a grill with gasoline
  - Stay with the grill when it is lighted
  - Always cook meats throughly:
    - 160 F for Hamburgers and ribs
    - 165 F for Poultry
    - 180 F for Poultry parts

Clubbing

- Watch your drink
- Use Buddy Syste
- Designated Drive

Have a wonderful Summer !!

- By now you have already thought of many more safety tips. However, if you still need more information, check out these safety resources on the Internet:

American Red Cross

National Safety Council

Centers for Disease

Naval Safety Center

Questions ????